



BFC - Group Exercise Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM SPINNING® [Stephanie]	6:00 AM TOTAL BODY RESET [Amanda] V	6:00 AM SPINNING® [Stephanie]	6:00 AM Power Sculpt [Traci] V	6:00 AM SPINNING® [Traci]	8:30 AM SPINNING® [Amanda]	8:30 AM SPINNING® [Amanda]
8:30 AM BURN N' BOX [Goose] V	8:30 AM Muscle & Core [Sam] V	8:30 AM Functional Fit [Sam]V	8:30 AM BURN N' BOX [Goose] V	8:30 AM BURN N' BOX [Goose] V	8:30 AM Sculpt [Shee]V	
9:30 AM YOGA POWER FLOW [Tatiana] *intermediate/advanced	9:30 AM ZUMBA® [Lorena] V	9:30 AM YOGA REFRESH [Tatiana] *Beginner/Gentle	9:30 AM ZUMBA® [Marisela] V	9:30 AM YOGA REFRESH [Tatiana] *Beginner/Gentle	9:30 AM SPINNING® [Traci]	
				10:30 AM ZUMBA® [Lorena] V	9:30 AM BURN N' BOX [Goose] V	
5:30 PM SPINNING® [Traci]	5:30 PM PILATES SCULPT [Stephanie] V	5:30 PM FULL BODY BLAST [Traci] V	5:30 PM PILATES SCULPT [Stephanie] V			
5:30 PM ZUMBA® [Sarah] V	6:30 PM SPINNING® [Stephanie]	6:30 PM SPINNING® [Traci]	6:30 PM SPINNING® [Stephanie]	6:30 PM HIIT [Dianna] V		
6:30 PM XTREME FIT [Amanda] V	6:30 PM HIIT [Dianna] V	6:30 PM CARDIO STRENGTH [Amanda] V	6:30 PM HIIT [Dianna] V			
					V = Vitality Studio A = Agility Studio	



BURN N' BOX	Learn basic boxing moves from our experts while working on your cardio and toning through intervals.
CARDIO STRENGTH	Test your endurance in this heart racing, explosive class.
XTREME FIT	Get a total body workout with a mix of cardio, conditioning and core strengthening while getting a metabolism boost.
FULL BODY BLAST	Hit multiple muscle groups with one blast.
FUNCTIONAL FIT	Functional movements that keep you moving well, get you sweating, build lean muscle and keeps you burning body fat throughout the day.
HIIT	A high intensity workout that pairs each exercise with a timed interval for toning and shaping the body while increasing endurance.
MUSCLE & CORE	Strength, muscle toning and conditioning with the benefits of core and joint mobility.
PILATES SCULPT	Sculpt and tone your entire body with Pilates inspired moves using light weights, sliders, bands, and more.
POWER SCULPT	A Combo moves HIIT class that gives you interval, cardiovascular and strength training all wrapped into one, for a proven and effective method for fat burning & lean muscle building.
SCULPT	Combines free weights, yoga sequencing and cardio to give you that perfectly toned body.
SPINNING	High intensity cardio cycling class that burns high amounts of calories while the pedaling also gives you resistance training.
TOTAL BODY RESET	Start your day with cardio, body weight and free weight exercises, in a timed circuit format. Exercises change weekly to increase challenge.
YOGA POWER FLOW	★ Intermediate/Advanced Yoga where traditional poses and breathing flow into cardio.
YOGA REFRESH	Feel recharged and rejuvenated after a restorative yoga class.
ZUMBA	Dance your way to results with this fun, energetic and heart pumping class.

***Classes are all fitness levels except those with a ★

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818-861-7530 (Call or Text)